

COMMENTARY

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Be prepared: stay safe over summer

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I'm sure I'm not alone in looking forward to the many highlights of summer: warmer weather, time spent enjoying our beautiful natural environment, and opportunities to catch up with family and friends.

Part of making summer an enjoyable time for everyone - teenagers, adults and our local community - involves being prepared.

Being prepared means parents, caregivers and whānau talking to the young people in their lives about staying safe; and teenagers being equipped to make smart choices about their personal safety and wellbeing.

Path Wānaka, in conjunction with the Wānaka Police, Health New Zealand | Te Whatu Ora, and Community Link, has launched a campaign to support parents and teens in being prepared for the summer ahead. Path has produced some valuable information for parents and caregivers of young people, or those who might be hosting young people in their homes over the summer, so everyone has the information they need to be prepared.

For example, having an understanding of the Alcohol Supply Law is important both for adults and teens. The law says it's illegal to supply alcohol to anyone under 18 years of age unless the person supplying the alcohol is their parent or guardian, or has the express consent of the parent or guardian, and the alcohol is supplied in a responsible manner.

It's also important to be aware of personal safety and to make a plan with teens to ensure they are equipped to keep themselves and their friends safe. This could include talking about hypothetical scenarios with teens to encourage them to think about what they could do to look after themselves and others when faced with risky situations, and discussing and agreeing a plan around drinking, driving and personal safety before they go out.

We are fortunate in our community to have many individuals and community organisations committed to supporting our young people and their families, and if we all work together and play our part, then we can all enjoy the many positives this time of year has to offer.

In the meantime, I would like to wish you all a safe and happy summer break and I look forward to connecting with you in the new year when we return for the 2025 school year.

Useful resources

Path Wānaka: pathwanaka.org.nz/parenting-with-purpose-hosting-with-care/

MAC parents resources: mtaspiring.school.nz/resources-for-parents/

More information

Please contact Principal Nicola Jacobsen on 03 443 0498 or principal@mtaspiring.school.nz